

# Summer's comin' and the sippin' is easy

A brilliant sunny Vancouver day, a weekend BBQ, cutting the lawn and camping ... what do all of these things have in common? BEER ME! Summer is the best time to enjoy beer with friends on the patio or in nature's backyard. Check out some of the summer beers on the market - pick your winner!

- COLIN JACK, [WWW.JUSTHEREFORTHBEER.COM](http://WWW.JUSTHEREFORTHBEER.COM)

top 5

places to grab some grub when you are on the run

Ravenous and in a rush? Here are the top five joints to grab grub on the go:

### TRIPLE O'S

*Various locations*  
When in need of a burger and fries fix, this local chain doesn't disappoint. After all, they've been pounding out the patties with that delectable Triple O sauce since 1928.

### STEAMROLLERS

*Various locations*  
Hearty and delicious burritos with a healthy twist - everything is steamed, instead of fried in oil. A variety of free substitutions, such as brown rice and whole-wheat tortillas, are also available to make your meal extra wholesome.

### THAI-AWAY HOME

*Various Locations*  
Scrumptious Thai cuisine prepared at rapid-fire pace. With combination meals for \$10, including salad, rice, a spring roll and soup, this is serious bang for the buck.

### JAPADOG

*Various Locations*  
Mmmm ... wieners and seaweed. Sounds strange, but it works. This Japanese twist on the hotdog at this popular outdoor food stall has proved so enticing even the likes of Steven Seagal and Ice Cube couldn't resist.

### LAS TORTAS

3353 Cambie St.

Gourmet Mexican sandwiches smothered with meat, cheese, refried beans and guacamole. Add an order of the homemade potato chips and let the fiesta begin.

- KRISTEN MCKENZIE



**BUD LIGHT LIME**  
4 per cent  
\$12.59 for eight cans

This brew made a huge splash in the market last year. It was the most popular summer beer at the liquor store flying off the shelves. It is definitely simple and sweet. The outcome is a beer easy to drink with an abundance of light beer qualities.



**MILLER CHILL**  
4 per cent  
\$20.59 for 12 cans

Boasting only 100 calories per serving, this brew's natural lime tang is pronounced with a crisp finish. Overall, Miller Chill is exceptionally light and the overall impression is somewhat watery. It will sway some drinkers who find Bud Light Lime a little too cute.



**DEAD FROG PEPPER LIME LAGER**  
5 per cent  
\$11.75 for six bottles

This is a different type of flavoured summer beer that is smooth with a subtle pepper-citrus note in the finish. A nice biting lager full of essence and taste that stresses more on beer goodness than pepper-lime.



**GRANVILLE ISLAND ROBSON STREET HEFEWEIZEN**  
5 per cent  
\$11.55 for six bottles

Contrary to popular belief, "Hefeweizen" is not German for summer. Robson Street Hefeweizen combines some nicely balanced flavours as the citrus finish refreshes, a byproduct of the quality yeast, hops and wheat. It's worth trying.



**MCAUSLAN APRICOT WHEAT ALE**  
5 per cent  
\$10.95 for six bottles

Balance is essential when fruit is added to beer. This is an excellent beer that blends the passion of wheat ale with a sly hint of apricot. A clean and crisp fruit ale at a ridiculously low price.

# Winery champions eco-practices at Epic

**KRISTEN MCKENZIE** - To help Vancouver reach its goal as one of the world's greenest cities, the Epic Sustainable Living Expo returns this weekend with more inspiring eco-friendly practices.

Making his first Canadian appearance, Paul Burnett, winemaker with Banrock Station, will be on hand to share the experiences of the renowned Australian label in sustainable cultivation.

"It's going to be a great way to meet Canadian consumers and see what they have to say," he said. "Hopefully they see [Banrock Station] as an environmentally-friendly wine."

It's unlikely they won't, considering the international wine company, in addition to



Paul Burnett, winemaker with Banrock Station, will share his sustainable cultivation experiences.

employing such sustainable measures as recycling rainwater to prevent from tapping into Australia's limited

water supply, is also at the forefront of more than 80 conservation programs in 12 different countries.

Two of those initiatives are running here in Canada. Banrock has invested \$1.25 million to reintroduce wild

Atlantic salmon into Lake Ontario and here in B.C., the wine label is heavily involved with the Vancouver Aquarium Riverworks project and the Wild Bird Trust.

Banrock Station also supports programs in Australia, the U.S., France, Kenya, Germany, Norway and Japan.

"When you're part of a wine that's a global wine, you develop a global conscious," Burnett said. "We want to be consistently involved in those conservation initiatives all around the world... we're sort of leading the way and hopefully others will follow."

The expo runs through Sunday at the Vancouver Convention Centre's West Wing. Tickets are available at [epicvancouver.com](http://epicvancouver.com).

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